



Western Reserve Area Agency on Aging

Senior & Caregiver Wellness Expos

Join the Western Reserve Area Agency on Aging for FREE Activities!
Food, Bingo, Health Screenings, Exercise & Much More!

Collinwood Recreation Ctr.

16300 Lakeshore Blvd.

Wednesday, Sept. 16

9:00 a.m. - 1:00 p.m.

8:30 - 9:30am: Balance / Strength
10 - 10:45am: Aerobics
10:30 - 11am: Medicare 101
11 - 11:30am: Beyond Medicine
11:30 - 12pm: My Safety Bag
12 - 1pm: Lunch & Bingo

Zelma George Rec. Ctr.

3155 Martin L. King Blvd.

Thursday, Sept. 17

9:00 a.m. - 1:00 p.m.

9 - 10am: Senior Exercise
10 - 11am: Line Dancing
11 - 11:30am: Medicare 101
11:30 - 12pm: Beyond Medicine
12 - 12:30pm: My Safety Bag
12:30 - 1pm: Lunch & Bingo

Gunning Recreation Ctr.

16700 Puritas Ave.

Wednesday, Oct. 14

9:00 a.m. - 1:00 p.m.

9 - 10am: Breakfast & Bingo
10 - 11am: Silver Sneakers
11 - 11:30am: Medicare 101
11:30 - 12pm: Beyond Medicine
12 - 12:30pm: My Safety Bag
12:30 - 1pm: Cooking demo

Free Health Screenings

Flu shots at Gunning Rec. Center *(insurance card or small fee)*

My Safety Bag for Seniors *putting a personal emergency plan in place*

Vender Table Resource Fair *showcasing helpful products & services*

Walking Track, Benefit Checks, Give-a-ways, and Much More!

Questions? Call WRAAA at 216-621-0303 x1115 or Email: smanning@psa10a.org

PLEASE REGISTER!

RETURN this portion to your local rec center or to WRAAA (925 Euclid Ave., Cleveland, OH 44115;
Fax: 216-621-9262); CALL 216-621-0303 x1115 or SIGN UP at any of the centers listed:

Name: _____ Phone: _____

Number attending: _____

Choose all of the locations that you plan on attending:

☐ Collinwood: WED, Sept. 16 ☐ Zelma George: TH, Sept. 17 ☐ Gunning: WED, Oct. 14

